

BOOK REVIEWS

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PRINCIPLES OF FAMILY MEDICINE—Robert E. Rakel, MD, Professor and Head, Department of Family Practice, University of Iowa College of Medicine, Iowa City, Iowa. W. B. Saunders Company, West Washington Square, Philadelphia, PA (19105), 1977. 536 pages, \$14.75.

The author has accomplished far more than his stated purpose: "To provide a resource for medical students preparing for a future in Family Medicine." Actually, the book in essence is an exegesis of the development and present status of the family medicine concept or movement. Basic principles and measures of patient care in family medicine are accentuated. These are amply supported by many selected references, illustrative graphs and tables. Even reasons for including certain references are given—a most helpful innovation. Logically, much stress is placed on the broad aspects of family and patient care. Therefore, primary care and its continuation are goals, and individual illnesses kept in perspective. Sociobehavioral precepts, especially family dynamics, are underscored.

Good organization and a clear, easy style make the book very readable. Much wisdom is imparted, and numerous colorful, supportive quotes from early authoritative books and articles add weight to the opinions expressed.

Many in the traditional specialties may deny that family medicine is a discipline. Some will argue that the "percentages" of specialty care in family medicine are wrong or unrealistic. Others may repeat that family medicine has no universal claim to primary care. Nonetheless, the family medicine concept of a continuum of comprehensive medicine, with emphasis on the family unit as detailed in this book is a unique and effective contribution to health care.

A boon to medical students, but a bane to practicing physicians, is the unnecessarily exhaustive detail in the chapters "The Medical Record," "Family Charting" and "The Family Profile." Be this as it may, it is difficult to fault this excellent book, which may be a classic position-document for this newest major medical specialty.

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FAMILY MEDICINE—Principles and Applications—Edited by Jack H. Medalie, MD, MPH, Professor and Chairman, Department of Family Medicine, Case Western Reserve University School of Medicine, Cleveland. The Williams & Wilkins Company, 428 E. Preston Street, Baltimore (21202), 1978. 372 pages, \$15.95.

Family Medicine—Principles and Applications should help put to rest those specialists who claim they are practicing family medicine because they serve as a triage officer for families mainly by directing family members to other specialties. The book puts the family into the center of family practice. It focuses on the discipline of family medicine emphasizing the sociological, epidemiological and psychosocial aspects of the family. It is an ecological approach, leaving the pathophysiology of disease to others.

Family Medicine attempts to define the discipline of family medicine and separates it from family practice. It discusses the family life cycle, family therapy, changing social patterns and the transmission of disease and health within the family. Consequently, the principles discussed are as useful to internists, pediatricians and obstetricians as they are to family physicians.

In the introduction and the first chapter, the authors make a courageous attempt to clarify the confusion existing among family medicine, family practice, primary care and general practice. But for the uninformed, their attempts fall a little short. And, the answer by the author of the introduction, Dr. Lynn Carmichael, to the question "What is Family Medicine?"—which is "Read Medalie"—doesn't do the trick either.

Medalie and contributors formalize much that an alert family physician learns and practices as he goes about his daily duties. It is surprising the sociological understanding a family physician acquires on his first 25 home calls. A physician who delivers babies, succors the dying, and aids unwed mothers and children failing in school learns family medicine rapidly. But he seldom thinks of this acquisition of knowledge as a separate formal discipline. It all becomes integrated into his background knowledge, and is subsequently shown in his attitudes and habits of treatment.

Family practice as is now being cast, should be examined in diverse ways. Dr. Medalie's text adds sociological, epidemiological and psychological dimensions to family practice. At present, the family practice movement has two needs: family medicine literature and qualified teaching personnel. Dr. Medalie's effort serves to satisfy the first and prepares personnel to meet the second.

The last few chapters discuss research, computers, nurses, social workers and the problem-oriented record system—all as related to family medicine. There are rather extensive chapter references taken from the literature of the last decade. And last of all, one finds a comprehensive author and subject index.

Family Medicine is a valuable text for family practice residents, and those internists and pediatricians interested in the health and welfare of families.

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ATLAS OF GRAY SCALE ULTRASONOGRAPHY—Kenneth J. W. Taylor, MD, PhD, Associate Professor, Department of Diagnostic Radiology, Yale University School of Medicine, New Haven, Connecticut. Churchill Livingstone—Medical Division, Longman Inc., 19 West 44th St., New York City (10036), 1978. 411 pages, \$35.00.

Dr. Taylor defines his objectives in the preface of this excellent book: to provide an introduction to ultrasound for residents and practicing radiologists unfamiliar with the modality, to give an overview of the potential of ultrasound for referring physicians and to be of use to physicians already practicing ultrasound. It is a credit to the author that he succeeds in this broad spectrum of objectives.

The text begins with basic principles of ultrasound. It deals clearly and concisely with physics, instrumentation and varieties of scanning devices now in use. A chapter on practical aspects of scanning does provide practical information on the technical problems of generating useful scans. Illustrations of A mode scans used to adjust the TGC settings for proper B mode scans represent a valuable teaching tool. The next chapter outlines indications for scanning the liver and upper abdomen. A chapter on the liver considers normal anatomy, followed by a number of excellent case studies to portray a variety of disease conditions. High quality scans are clarified by